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COURTESY DAVID BERGMAN

UBC faculty demand 'full disclosure'

GOVERNANCE

School chair slammed after president's resignation

Matt Kieltyka
Metro | Vancouver

The UBC Faculty Association says it has lost confidence in university chair John Montalbano following the sudden resignation of president Arvind Gupta earlier this month.

In a strongly worded statement released Monday, the association accused UBC's board of governors of not being transparent or accountable around Gupta's departure — he resigned a year into his term — and Montalbano of meddling "directly in internal academic affairs" in the fallout since Gupta stepped down.

"Mr. Montalbano's apparent lack of understanding of the principles of academic freedom, and the questionable judgment he is alleged to have exhibited in interfering with internal operations and with university employees, have caused the faculty association executive committee to lose confidence in Mr. Montalbano as chair of the board of governors," the statement reads.

"Given the conflict of interest, and the missteps that have come to light this week, we believe it is even more imperative to have the full story behind the resignation of Professor Gupta as president of UBC. Full disclosure is the only way to restore trust."

The university board's statement on Gupta's departure Aug. 7 said that he resigned "to return to the pursuit of his academic career."

Faculty association president Mark MacLean wrote he was "skeptical" of the official reason given for Gupta's stepping down.

The resignation raised many questions, including those of UBC Sauder School of Business gender and diversity Professor Jennifer Berdahl, who blogged her belief that "Gupta lost the masculinity contest among the leadership at UBC, as most women and minorities do at institutions dominated by white men."

On her personal blog, Berdahl claims that Montalbano had since directly, and indirectly through deans, contacted her about the post, saying it was "grossly embarrassing to the board."

She was also told to contact the university's communications and media relations department to get advice on how to "minimize (her) engagement and the impact of (her) blog post."

"At this point, I realized the purpose of this conversation was ... to discourage me from speaking further," Berdahl writes.

While it didn't mention Berdahl by name, the faculty association says it is "concerned about alleged violations of academic freedom" by the board concerning a specific faculty member who made comments concerning Gupta's resignation.

Metro was unable to reach the board of governors for comment by deadline.

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metro NEWS

Your essential daily news

Prosecutors pursue Pistorius murder conviction. **World**

Support floods in for dancer hurt in in-line skating accident

NORTH VAN

Ballerina's mom is by her side thanks to crowdfunding

Emily Jackson
Metro | Vancouver

Lucila Munaretto remains in a coma after colliding with a van on Thursday. COURTESY PACIFIC DANCEARTS

Lucila Munaretto
COURTESY PACIFIC DANCEART

An Argentinean ballerina has not yet woken from a coma after an in-line skating accident in North Vancouver on Thursday, but her mother is now by her side thanks to a flood of support from an online fundraising campaign for her recovery.

Lucila Munaretto, 21, remains in the intensive care unit at the Lions Gate Hospital after she hit a van while in-line skating down a steep hill at East Osborne Road and Lonsdale Avenue on Thursday morning.

Munaretto has been living and dancing in Vancouver since 2012 when the director of Coastal City Ballet offered her a scholarship after meeting her in Brazil, where she had been training as a dancer since she was a little girl.

Katie Bois, rehearsal director at Pacific DanceArts, said Monday the dance company has been overwhelmed by the support for Munaretto, a star dancer, on an online fundraising campaign set up to raise money to fly her mother in from Argentina. Her mother arrived Sunday morning after more than $24,000 was raised on the GoFundMe website in just three days.

"It's just so beyond our expectations that we're at a loss for words," Bois said on the phone from the hospital, thanking the dance and the Brazilian communities. "It's helping us in the sense that it's just so overwhelming to see the spirit of humans in a time like this, how people are willing to come together for someone in need."

> **"It's just so overwhelming to see the spirit of humans in a time like this, how people are willing to come together for someone in need.** Katie Bois

Bois also thanked the RCMP and Argentinean and Brazilian consulates for helping Munaretto's mother secure a passport so quickly.

Munaretto, who has danced in lead roles at the company, is doing as well as can be expected, Bois said.

"She's not awake yet, but the doctors have said she's recovering faster than they've expected, which is wonderful news," Bois said.

She has undergone surgery to stabilize her spine and reconstruct her jaw, and her lungs have stopped leaking.

"We all know she's going to be fighting as hard as possible to wake up. Lucila never does anything halfway ... she followed her dream all the way to Canada," Bois said.

The funds raised online will go towards her rehabilitation costs. Anything left over will be donated to patients that suffer a traumatic brain injury.

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Jon Bon Jovi performs onstage at the Songwriters Hall of Fame 45th Annual Induction and Awards at Marriott Marquis Theater on June 12, 2014, in New York City. The rock legend's highly anticipated concert in Stanley Park on Saturday has been cancelled. LARRY BUSACCA/GETTY IMAGES

Bon Jovi gig shot through the heart

CANCELLED

Band: Promoter failed to secure necessary permits

Thandi Fletcher
Metro | Vancouver

It's a turn of events that gives a Bon Jovi promoter a bad name.

The rock legend's highly anticipated performance slated for Stanley Park's Brockton Field on Saturday has been cancelled, a spokesperson for Bon Jovi and the Kings of Suburbia confirmed Monday.

In a statement, Bon Jovi Tours apologized to fans for the event's sudden cancellation, blaming concert promoter Paper Rain Performances for failing to secure proper permits from the city, for not procuring staging materials and for failing to pay staging, security and lighting vendors, among others.

"The band was ready and willing to give a great performance on Saturday," the spokesperson said.

"Unfortunately, the local promoter, Paper Rain Performances, has proven unable to guarantee a properly-produced event ... as such, they have not met their contractual obligations."

The spokesperson, who directed questions about refunds to the promoter, said the band "shares the disappointment of fans" and that they had tried to keep the concert scheduled for Saturday.

Jonathan Snoek, acting general manager for the park board, said the concert organizers were unable to secure the necessary event permits in time for Saturday's concert.

"The park board was fully supportive of this event and regrets the cancellation," Snoek said in a statement. "The park board provided the initial approval for the event and made every effort to assist organizers in meeting our protocols in the past months."

A request for comment from Paper Rain Performances was not immediately returned Monday.

Ticket sales were stopped on the event's website. It's unclear if those who have already purchased tickets will be refunded.

Ticket prices for the concert ranged from $39 for general admission seats to $595 for VIP.

Bon Jovi's performance was confirmed with great fanfare in June after Paper Rain Performances issued a promotional poster using a vaguely disguised silhouette of the performer that sparked fervent media speculation.

> **The band was ready and willing to give a great performance on Saturday. Unfortunately, the local promoter, Paper Rain Performances, has proven unable to guarantee a properly-produced event.**
> Bon Jovi's spokesperson

At a ritzy news conference to announce the concert, Dennis MacDonald, president of Paper Rain Performances, said organizers hoped the concert would be the first of a series of outdoor concerts in Stanley Park and elsewhere.

"The concert will be something not seen before," MacDonald said at the time.

Paper Rain Performances partnered with the city and the park board to host the concert, which was privately funded with a budget of about $2 million.

The concert promoter was responsible for paying about $60,000 in rental fees to the park board for use of the venue, which has a capacity of about 14,000.

Paper Rain Performances also pledged to donate up to $100,000 of profit from ticket sales to imagine1day, a charitable organization that aims to provide all people in Ethiopia with access to quality education free of foreign aid by 2030. A request for comment from the charity was not immediately returned Monday.

APOLOGY

Paper Rain Performances confirmed in a statement Monday that the event will no longer take place Saturday, although the company said it hoped the concert would be postponed and not cancelled.

"We regret that we have been unable to gain the agreement of the artist's management at this time regarding this postponement," the statement reads. "We remain hopeful that a future date can be confirmed."

University offers course on how to grow, sell pot

KWANTLEN POLYTECHNIC

Program looks at plant cultivation, marketing

Thandi Fletcher
Metro | Vancouver

A couple dozen students have already signed on since registration opened two weeks ago. JENNIFER GAUTHIER/FOR METRO

It's high time a B.C. university offered a class on how to grow and sell medical marijuana.

That was the thought process behind a new course being offered at Kwantlen Polytechnic University starting this fall, according to Jim Pelton, the university's executive director of continuing and professional studies.

He said the idea for the course came about after university faculty spoke with licensed medical-marijuana producers in B.C. and realized there was hunger for a class on the subject.

"It became pretty clear that there was a market for two different groups," he told Metro.

"One, people who wanted to come into the industry and didn't know anything about it and, secondly, for people who are already in the industry but had serious gaps in their knowledge."

Anyone who feels their pot-growing abilities are a little green can now hone their skills through the 14-week online course, called Introduction to Professional Management of Marijuana for Medical Purposes in Canada.

According to the course description, the program is divided into two parts, called Plant Production and Facility Management; and Marketing, Sales and Drug Development.

Students will not only grow their knowledge of the differences in plant characteristics and how to distinguish healthy roots from unhealthy ones, but they will also learn about crop cycles, pest management, drying and storage procedures and Health Canada regulations. The course description says they will also learn about marketing regulations, brand strategies, customer loyalty and the role of health-care professionals in the use of medical marijuana.

> **The production perspective we take is more akin to what you might find in the manufacturing industry than what you might find doing a bunch of roses.**
> Jim Pelton

If the high cost of tuition — $1,249 for each part — wasn't enough of a hint, Pelton said this course isn't for just anyone looking to grow their own personal stash of marijuana in their backyard.

"This is not a gardening course," he said.

Two instructors are slated to teach the course, including Deepak Anand, executive director of the Canadian National Medical Marijuana Association, and Tegan Adams, a business development manager at Experchem Laboratories Inc.

Since registration opened two weeks ago, Pelton said interest has lit up, with a couple dozen students already signed on.

POT 101

Anyone concerned about the course running out of space need not fret. If too many students sign up, Pelton said the university would hire more instructors before it weeds out applicants.

REPORT

B.C. on top as the healthiest province

Matt Kieltyka
Metro | Vancouver

A new study says Canada would save $53 billion if it had the same low rates of smoking, obesity and physical inactivity as British Columbia does.

According to research published in the Canadian Journal of Public Health, B.C. has the lowest prevalence of those three health risk factors in the country, resulting in an annual economic burden per capita of $1,249.

Data from 2012 shows British Columbia has a 12.7 per cent tobacco-smoking rate, 43 per cent excessive-weight rate and a 36.1 per cent rate of undue physical inactivity.

If the rest of the country had those rates, the economic burden associated with preventable diseases with those risk factors would decrease by $53 billion.

In comparison, Newfoundland and Labrador has the highest smoking and excess weight rates in Canada: 22.8 per cent and 59.3 per cent, respectively. Quebec had the nation's leading rate of undue physical inactivity at 48.5 per cent.

One of the study's authors, UBC's Hans Krueger, said some of B.C.'s success — particularly when it comes to smoking and physical activity — can be attributed to strong political will.

"When the government said it wanted to host the healthiest Olympics in the world, it wasn't just words," said Krueger. "(Former Premier Gordon Campbell) put money into the B.C. Healthy Living Alliance; that was an important piece."

But environmental factors and a greater awareness of preventable disease also plays a key role long-term, Krueger added.

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Video may be clue to fire

ROCK CREEK

Officials seek alleged footage showing source was a cigarette

British Columbia Forests Minister Steve Thomson says officials are looking for a video that apparently shows how a massive wildfire that has destroyed 30 homes in the province's southeast was sparked by a flicked cigarette.

Thomson said Monday that officials have heard about the video but have yet to see any evidence.

The 37-square-kilometre Rock Creek wildfire stared Thursday and is currently burning out of control east of the southern Okanagan town of Osoyoos.

"We have no confirmation of (the video) at this time, but the investigation is ongoing and I would encourage anyone who has video to share it with the local RCMP or with our Wildfire Service," Thomson said.

Besides the homes, 15 other buildings have been destroyed by the fire so far, and another 242 properties remain on evacuation order.

A burned out vehicle is pictured outside a residence that has burned down along Highway 3 in Rock Creek, B.C., Sunday. JONATHAN HAYWARD/THE CANADIAN PRESS

Homeowners were taken into the fire-ravaged area Monday morning to assess the damage.

"It's just a drive-by to look at their homes," said Alan Stanley of the Kootenay Boundary Regional District. "They're either standing or they're not. It's pretty emotional."

The Red Cross is setting up a centre where residents can receive financial assistance, cleanup kits and other support. It is also collecting donations for families affected by B.C. wildfires this year.

> **It's just a drive-by to look at their homes... It's pretty emotional.**
> Alan Stanley

About 100 personnel are working to get the Rock Creek fire under control, but hot, dry conditions are making their jobs difficult, said fire information officer Mike McCulley.

The fire is one of more than 230 blazes currently burning across B.C., said provincial fire information officer Kevin Skrepnek.

He said significant progress has been made on two Oliver-area fires.

Skrepnek said the 15-square kilometre Testalinden fire burning seven kilometres south of the town is now 40 per cent contained and the three-square-kilometre Wilson Mountain wildfire burning just north of Osoyoos is about 70 per cent contained.

THE CANADIAN PRESS

IN BRIEF

Tooth fairy is pinching pennies with B.C. kids

British Columbian children get the least amount of cash from the Tooth Fairy, according to a Visa Canada survey released Monday.

The average amount left for a tooth is $2.46 in B.C. compared to an average of $3.44 per tooth across Canada, according to Visa, which is using the survey to tout its Tooth Fairy app that encourages financial literacy.

EMILY JACKSON/METRO

No damage reported from shallow earthquake

A magnitude 4.4 earthquake has shaken northeastern British Columbia, but no damage has been reported.

Honn Kao of the Geological Survey of Canada says the earthquake was 114 kilometres from the city of Fort St. John. The tremblor was felt lightly in Charlie Lake.

Kao says the earthquake was shallow and available data suggests its depth was about five kilometres. THE CANADIAN PRESS

ANIMAL CRUELTY

Woman faces charges after dog allegedly tortured

Matt Kieltyka
Metro | Vancouver

Criminal charges have been laid against a woman who allegedly tortured a neighbour's dog earlier this year, BC SPCA say.

Lindsey Susan Hirtreiter, 24, is facing two counts under the Criminal Code of Canada and the Prevention of Cruelty to Animals Act after a lengthy investigation.

Police were called to the 7600 bock of 146th Street in the early hours of Feb. 14 to respond to reports of a woman being attacked by a dog.

But when officers arrived, they discovered it had been the other way around.

The dog, a black Labrador retriever named Ryder who had escaped from its owner's yard a few blocks away, was found in medical distress.

At the time, RCMP said the dog had been stabbed, beaten and bound by electrical cord.

Veterinarians later found a number of items forced down its stomach, including lighters and jewelry.

Ryder needed treatment for puncture wounds to his eye and lacerations to the back of his throat. COURTESY BC SPCA

Ryder required life-saving veterinary treatment for puncture wounds to his eye and lacerations in the back of his throat, and was reunited with his family.

The suspect was taken into custody under the Mental Health Act and a four-year-old girl at the home was removed by the Ministry of Children and Family Development.

"We are extremely pleased that charges have now been approved in this very sad case," said BC SPCA senior animal protection officer Eileen Drever in a statement on Monday.

"No animal should have to go through the pain and suffering that this poor dog endured."

If convicted, Hirtreiter faces a maximum fine of up to $75,000, up to two years in jail and a lifetime ban on owning animals, BC SPCA say.

Runway runaway 'safe and sound'

PETS

Dog found roaming near airport after escaping crate

Emily Jackson
Metro | Vancouver

A chihuahua that somehow managed to escape a kennel while being loaded onto a WestJet flight at Vancouver International Airport was found Monday after being lost for four nights.

Lily, a nine-pound chihuahua mix, was found roaming near the airport Monday morning after she had slipped out of the property through a fence.

Crews at YVR, WestJet, the Richmond Animal Protection Society and Petsearchers Canada teamed up to search for Lily.

Lily the Chihuahua CONTRIBUTED

WestJet spokesman Robert Palmer said in an email it was "tough to say" exactly how the dog escaped from the kennel, which was apparently brand new.

"We don't know how the kennel came apart but we're very glad to hear that Lily was found safe and sound," Palmer wrote. "Having a pet go missing is a very stressful experience for all concerned, and we very much regret that Lily and her owners had to go through it."

After the ordeal, Lily's family took to the website Reddit to thank people for their support. The dog is best friends with their little boy, they said, and had quite the harrowing experience.

DRUGS

MLA's son in court over fentanyl bust

The son of a former British Columbia member of the legislature has been charged over a fentanyl bust in Calgary last month.

Kasimir Tyabji-Sandana, 27, is charged with one count of importing a controlled substance.

He made a brief appearance via closed-circuit television in Calgary court on Monday and will remain in custody until his next court appearance Sept. 16. His lawyer is working on setting a date for a bail hearing.

Police intercepted a package marked as a muffler from China last month at Vancouver's International Mail Centre.

It was addressed to someone in Calgary and contained 122 grams of pure fentanyl, a synthetic opioid used primarily to treat severe pain.

Fentanyl is a growing concern across Canada as the number of deaths and overdoses from the drug continues to climb.

A recent report from the Canadian Centre on Substance Abuse said as many as 655 Canadians may have died between 2009 and 2014 from fentanyl overdoses. Health Canada's drug analysis labs have also been detecting fentanyl more and more often in street drugs being sent for testing by law-enforcement agencies.

Calgary police say 145 people in Alberta have already died from suspected fentanyl overdoses this year, compared with 120 last year. Arrests are also up.

Police in Calgary have made 34 fentanyl busts this year, compared with 12 in all of 2014.

Tyabji-Sandana's mother, Judi Tyabji, was elected to the B.C. legislature for the Liberal party in 1991. She was the first woman to have a child while in office.

An affair with then-Liberal leader Gordon Wilson stunned the party two years later. The two eventually married and founded a new party called the Progressive Democratic Alliance, but it folded after the 1996 election.

Tyabji lost custody of her three children, including Kasimir, in 1994 to her ex-husband Kim Sandana.

THE CANADIAN PRESS

NORTHWESTERN B.C.

Governments join forces to get share of resource cash

The indirect cost of workers commuting to energy-sector jobs has prompted 21 local governments in British Columbia's northwest to band together and press the province for a greater share of project revenues.

Representatives met in Terrace on Saturday to formalize the Resource Benefits Alliance.

Stacey Tyers, the group's chairwoman, said workers used to move their families into northwestern B.C. towns for new projects, but now most people fly in and out for a job.

"(Workers) use our services, they impact our social systems while they're here. They use our hospitals ... but there's no contribution to the community in that regard," said Tyers, who is also chairwoman of the Regional District of Kitimat-Stikine.

She said the "unprecedented" agreement empowers communities to work on their shared goal of funnelling cash from energy projects back into the communities.

THE CANADIAN PRESS

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ELECTION 2015

Dogged by trial, PM stays on message

Questioned relentlessly at every campaign stop about the fallout from the Mike Duffy trial, Stephen Harper refused Monday to be knocked off his double-barrelled core campaign message: economy and security.

The Conservative leader stressed the latter at a stop in Fredericton, where he promised to add 6,000 people to bolster the ranks of the Canadian Forces reserves.

Harper said the measure will cost $163 million over three years and $63.4 million going forward once the overall target of 30,000 personnel is reached.

NDP Leader Tom Mulcair, however, kept the Duffy affair on the front burner, saying Harper misled Canadians about the repayment of the disgraced senator's questioned expenses.

> **What Canadians do take away is that their prime minister has not been forthcoming with them.**
> Tom Mulcair

"What Canadians do take away is that their prime minister has not been forthcoming with them, because he's been saying one thing and its opposite, and expecting people to believe both can be true strains credibility," Mulcair said at a stop in Niagara Falls.

But the prime minister stuck to his script; the two people to blame are Duffy and Nigel Wright, Harper's former chief of staff, the star witness at Duffy's trial and the man who personally paid the embattled senator's questioned expenses.

Harper — ignoring evidence that indicates a number of PMO staffers were aware of the arrangement — says Duffy and Wright were the two principal players and are the ones being held accountable.

"I do think that what's important for Canadians looking forward is going to be the two issues of this campaign: the economy of our country and our future prospects in the security of our country," Harper said.

"Those are the two issues, and this Conservative party is the only government that has answers."

Mulcair used tourist-friendly Niagara Falls to roll out a promise of $30 million over three years to help Destination Canada attract more American visitors. He said the Conservatives have cut the Crown corporation's budget even as tourist numbers have fallen.

In Ajax, Ont., Trudeau promised a tax break for the middle class, saying those earning between $44,700 and $89,401 a year will see their tax rate fall to 20.5 per cent.

"We will raise taxes on the wealthiest one per cent of Canadians," Trudeau said.

The Conservatives have neglected the middle class, but that would end under a Liberal government, Trudeau told a crowd in Ajax, one of the vote-rich communities on the Toronto outskirts. THE CANADIAN PRESS

Nigel Wright, ex-chief of staff to Prime Minister Stephen Harper, arrives at the Ottawa Courthouse on Monday to continue testifying in the trial of Sen. Mike Duffy, inset. FRED CHARTRAND/THE CANADIAN PRESS

Semantics at centre of Wright testimony

DUFFY TRIAL

'I don't feel it was a lie,' says former top aide

The definition of "lie" was tossed around during Sen. Mike Duffy's trial on Monday, all part of a scandal in which words are carefully chosen and their meanings parsed.

Nigel Wright, the prime minister's former chief of staff, was asked to explain to the court what he told his boss about a plan to have Duffy repay his Senate living expenses in 2013.

Duffy has pleaded not guilty to 31 charges of fraud, breach of trust and bribery in connection with his Senate claims.

The "scenario" co-ordinated between senior aides in Stephen Harper's office and Duffy was to have the senator publicly admit he made a mistake with his expenses and promise to repay them.

Trouble is, Duffy was never going to repay the money himself, and several people around Harper knew that. Initially, in February 2013, the idea was to have the party cover the bill, as well as Duffy's legal expenses.

Wright has said he told Harper that Duffy would repay the expenses. In the end, it was Wright who would send Duffy a cheque for $90,000.

> **I felt it wasn't on the list of things I needed to check with him.**
> Nigel Wright

Bayne asked Wright why he lied to the prime minister.

"I don't feel it was a lie; I felt it wasn't on the list of things I needed to check with him," Wright responded.

Bayne pressed on: "Duffy was not going to repay. Did you not think there was a difference between Duffy repaying and a secret repayment by Sen. (Irving) Gerstein and others to have the (Conservative) fund repay?"

"I honestly didn't think it was that significant a difference," Wright replied. "The significant fact was that the expenses were going to reimbursed and he wouldn't be claiming them anymore."

The veracity of Harper's public statements on the Duffy repayment and those of his spokespeople and cabinet ministers, continue to dog the Conservative leader on the campaign trail.

Harper told the Commons in June 2013, well after Wright's payment had come to light, that his former chief of staff had told no one in his office about his decision. THE CANADIAN PRESS

ANIMALS

Dog saved from Afghanistan 'prisoner of a different war': Activist

Sadie is a Sage Koochee, extremely loyal to its pack but suspicious of strangers. TORSTAR NEWS SERVICE

Sadie the herding dog survived the war in Afghanistan, only to be scooped up this summer by the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) near North Bay, Ont.

Sadie took a roundabout route to end up in her Canadian situation. She was originally rescued from an Afghan war zone by U.S. Navy Seal Patrick Feeks.

Feeks shipped her 11,690 kilometres to his home in Columbus, Mo., with the help of Puppy Rescue Mission, a group that helps members of the military.

Sadie is a Sage Koochee, a breed known to be gentle to its owners and suspicious of strangers.

When she didn't get along with the Feeks' family pet, Sadie was shipped another 1,440 kilometres at Feeks' expense to The Laika Fund for Street Dogs, run by Rebecca Ashworth and her husband Randy on a 12-acre farm outside North Bay.

Feeks' plan was to reunite with Sadie once his tour of duty was over, but he was killed in a helicopter crash on Aug. 17, 2012.

Sadie was beloved by Feeks and the other soldiers who saved her, Ashworth said in a prepared statement.

"She had adopted his unit and followed them on patrols of up to 10 miles," Ashworth said. "She warned them of intruders, showing them the loyalty she is full of."

Last month, Sadie made another trip after she was taken into custody by the Ontario Society for the Prevention of Cruelty to Animals.

Lynn Perrier of the animal welfare group Reform Advocates for Animal Welfare is crying abuse of power on the OSPCA's part after the organization seized Sadie and 70 other dogs. Perrier said there were no cleanup orders or charges for infractions given when the dogs were seized.

"They complied with all orders that the OSPCA has ever given them," Perrier said.

"The Ashworths had promised to care for this beautiful dog for the rest of her life," Perrier said.

"Sadie is now a prisoner of a different war," Perrier said. "She is in a cage at an undisclosed location being kept from the Ashworths." TORSTAR NEWS SERVICE

Bomb kills over a dozen in Bangkok

Blast goes off during rush hour at shrine

A bomb exploded Monday within a central Bangkok shrine that is among the city's most-popular tourist spots, killing at least 18 people and injuring more than 100 across a hectic intersection surrounded by five-star hotels and upscale shopping malls.

With a powerful flash caught on security video and a boom heard blocks away, the blast from the improvised explosive device scattered body parts across Ratchaprasong intersection, spattered blood, blasted windows and burned motorbikes to the metal. It exploded during evening rush hour as the area was filled with tourists, office workers and shoppers.

Pim Niyomwan is an English instructor working on the eighth floor of the building right next to the shrine.

"The whole building just shook. My four students were hysterical," he said.

Video shortly after the blast depicts a scene of shock and desperation: people running for their lives and crying amid the debris. An emergency worker in an ambulance, frantically pounding the chest of a victim.

No one immediately claimed responsibility for the bombing.

"Those who have planted this bomb are cruel," said national police chief Somyot Poompummuang. "They aim to kill because everyone knows that at 7 p.m. the shrine is crowded with Thais and foreigners. Planting a bomb there means they want to see a lot of dead people."

At least 18 people were confirmed dead and 117 injured, according to the Narinthorn emergency medical rescue centre. The dead included Chinese and a Filipino, Somyot said.

Police said it was too soon to determine the motive.

THE ASSOCIATED PRESS

A man talks into a phone after an explosion rocked Thailand's capital city on Monday during the evening rush hour, killing a number of people and injuring others. THE ASSOCIATED PRESS

SOUTH AFRICA

Prosecutors appeal against Pistorius

Prosecutors pushing for a murder conviction against Oscar Pistorius filed papers at South Africa's Supreme Court of Appeal on Monday, four days before the Olympic runner is expected to be released from prison and moved to house arrest.

Court registrar Paul Myburgh confirmed the prosecution's papers had been filed. Lawyers for the double-amputee runner have until Sept. 17 to file their response ahead of a hearing in November.

Prosecutors want a panel of judges at the Supreme Court to overrule a decision by another judge to acquit Pistorius of murder for killing girlfriend Reeva Steenkamp in 2013. Pistorius was instead found guilty of culpable homicide, or manslaughter, for shooting Steenkamp through a toilet cubicle door in his home.

He was sentenced to five years in jail but is expected to be released from the Kgosi Mampuru II prison in the South African capital Pretoria on Friday after serving 10 months of that culpable-homicide sentence.

Because of his good behaviour, the 28-year-old Pistorius can be released on probation to serve the remainder under house arrest.

Prosecutors announced their intention to appeal Judge Thokozile Masipa's decision shortly after Pistorius' months-long trial last year.

They said Masipa made an error in interpreting the law when she cleared Pistorius of murder and found him guilty instead of an unintentional but still unlawful killing.

THE ASSOCIATED PRESS

Oscar Pistorius THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

TRIGANA AIR SERVICE

Wreckage spotted in mountains

An airplane with 54 people on board that crashed in the mountains of eastern Indonesia was carrying nearly half a million dollars in government cash for poor families to help offset a spike in fuel prices, an official said Monday.

Smouldering wreckage of the Trigana Air Service turboprop plane was spotted from the air Monday morning in a rugged area of the easternmost province of Papua, rescue officials said. There was no immediate word of any survivors from Sunday's crash, which happened in bad weather.

Four postal workers aboard the plane were escorting four bags of cash totalling $468,750 in government fuel aid, Franciscus Haryono, the head of the post office in Jayapura, the provincial capital, told The Associated Press.

The ATR42-300 twin turboprop plane was flying from Jayapura to the city of Oksibil when it lost contact. Transportation Ministry spokesman Julius Barata said there was no indication that the pilot had made a distress call.

The cash from the Social Affairs Ministry was to be distributed among poor people in remote areas to cushion the jump in fuel costs, Haryono said.

"They were carrying those bags (of cash) to be handed out to poor people in Oksibil through a post office there," Haryono said.

President Joko "Jokowi" Widodo's administration raised fuel prices late last year and slashed government subsidies, a move the government says will save the country billions of dollars but has already sparked angry protests around the country.

THE ASSOCIATED PRESS

IN BRIEF

U.S. launches $5-million initiative to combat heroin use

The White House is launching a new $5-million initiative to combat heroin use and trafficking of the drug, particularly in states along the East Coast.

About half of the money will fund a program to link public health and law enforcement agencies, with the goal of prioritizing treatment for drug users over punishments. Monday's announcement comes amid a spike in heroin use and deaths in the United States.

The rise in heroin use has become a frequent topic in the 2016 presidential campaign. Democratic front-runner Hillary Rodham Clinton recently held a forum in New Hampshire on drug addiction, an issue she said voters have been frequently raising as she's campaigned in the early voting state.

THE ASSOCIATED PRESS

Drunk man has his child drive him home: Police

Police say an upstate New York man had his 10-year-old drive his pickup truck while he was sitting in the passenger seat drunk.

The Times Union of Albany reports police in the Saratoga County town of Stillwater were contacted by a motorist on Saturday who saw the child driving the truck on Route 9P.

Police say officers pulled over the truck and found that the 10-year-old was behind the wheel while his father, 46-year-old John Barling of Saratoga Springs, was intoxicated in the passenger seat.

THE ASSOCIATED PRESS

JAPAN

Weak demand slowing recovery

Japan's recovery stalled in the April-June quarter, with the world's third-largest economy contracting at a 1.6 per cent annual pace thanks to feeble consumer and corporate demand and slowing exports.

The dismal data reported Monday raises the likelihood the central bank may opt for fresh stimulus measures.

It comes at an awkward time for Prime Minister Shinzo Abe, who has championed a strategy of heavy monetary stimulus to help push prices higher and drive a "virtuous cycle" of stronger consumer spending and corporate investment.

Heavy rains in spring and early summer are thought to have discouraged shoppers. Demand for autos has also slumped following a tax hike for smaller cars.

Economy Minister Akira Amari, however, acknowledged inadequate progress toward getting companies to use their surging corporate profits to raise wages and domestic investment — a priority seen as vital to a sustainable recovery.

THE ASSOCIATED PRESS

FOOD SAFETY

Throw out wings: Safeway

Safeway is recalling several varieties of store-packaged, cooked chicken wings over concerns they may be contaminated with a toxin-producing bacteria.

Various flavours of the Safeway wings are part of the recall, which includes package dates up to and including Aug. 14. The products were sold in Safeway stores in British Columbia, Alberta, Saskatchewan, Manitoba and Ontario.

The Canadian Food Inspection Agency says there have been no reported illnesses associated with consumption of the products. Anyone who has purchased the suspect wings should throw them out or return them to Safeway.

The food inspection agency says it is investigating.

Food containing the Staphylococcus bacteria may not look or smell spoiled, and the toxin produced is not easily destroyed at normal cooking temperatures.

THE CANADIAN PRESS

Greek government likely to face confidence vote

BAILOUT DEAL

About-face on austerity has angered party lawmakers

A man and a woman in Greece's northern port city of Thessaloniki walk in front of graffiti depicting euro coins.

GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Greek Prime Minister Alexis Tsipras is likely to call a confidence vote in his government after the country's third bailout deal with international creditors sparked a rebellion within his party, one of his ministers indicated Monday.

Expectations of a confidence vote, which could lead to early elections, heightened after last Friday's parliamentary vote in favour of the 86-billion-euro ($93 billion US) three-year bailout passed thanks to opposition support. Dozens of lawmakers in Tsipras' Syriza party dissented.

Without the bailout, Greece faces defaulting on its debts and eventually being forced out of Europe's joint currency, the euro.

"I consider it self-evident, after the deep wounding of the parliamentary majority and in particular of the parliamentary group of Syriza, for there to be a move that at least approaches the issue," Energy and Environment Minister Panos Skourletis told Skai television when asked about the possibility of the government calling a confidence vote.

Skourletis added that early elections may also be necessary in light of the political instability.

The government has said its current priority is securing the bailout funding, which it needs by Thursday to meet a large debt repayment to the European Central Bank, and that any further decisions on the political situation will be taken from then on.

In order to secure the bailout deal, Tsipras reneged on the promises that saw his radical-left Syriza party win January elections. Syriza's coalition government with the small nationalist Independent Greeks was premised on a pledge to repeal austerity measures tied to Greece's two previous international bailouts.

Instead, after months of floundering negotiations with international creditors, the government accepted demands for steep tax hikes and deep spending cuts.

> **I consider it self-evident, after the deep wounding of the parliamentary majority ... for there to be a move that at least approaches the issue.**
> Energy Minister Panos Skourletis

The about-face has angered an increasing number of Syriza lawmakers, including such prominent members as former ministers of finance Yanis Varoufakis and energy Panagiotis Lafazanis. Both voted against the government.

Last week, Lafazanis — who was replaced as minister in a reshuffle last month after opposing the government in a previous bailout-related vote — and another 12 left-wing politicians announced they were creating a new anti-austerity movement, although Lafazanis stopped short of quitting the party.

Despite his U-turn, Tsipras has remained popular and is believed to be well-placed to win a forthcoming election. Although no opinion polls have been published since the end of last week when Greece's third bailout was finalized, previous polls showed his party enjoying a wide lead over opposition parties.

THE ASSOCIATED PRESS

TRAVEL

Indian airline buys 250 jets from Airbus

Budget airline IndiGo, India's largest domestic carrier, finalized an exceptionally large order for 250 single-aisle Airbus A320neo jets on Monday to keep up with rapid growth in the country's air travel.

Airbus called it the biggest order by number of jets that it had ever received.

At list prices, the jets would cost $26 billion US, though customers usually negotiate discounts.

Several Asian low-cost carriers are building up fleets amid growing demand, and both Airbus and rival Boeing Co. have been wooing Indian airline companies.

India is expected to become the third-largest aviation market globally by 2020, with the number of airline passengers tripling to some 450 million trips per year, as an expanding middle class trades up from slow train journeys to taking planes.

THE ASSOCIATED PRESS

market minute

DOLLAR
76.42¢ (+0.04¢)

TSX
14,251.53 (-26.35)

OIL
$41.87 US (-63¢)

GOLD
$1,118.40 US (+ $5.70)

NATURAL GAS: $2.728 US (-7.3¢)
DOW JONES: 17,545.18 (+67.78)

HEDGE FUNDS

Citigroup affiliates settle SEC charges

Two Citigroup Inc. affiliates have agreed to pay $179.5 million US to resolve U.S. federal regulators' charges of misleading investors in hedge funds that later collapsed.

The Securities and Exchange Commission (SEC) announced Monday the settlement with Citigroup Alternative Investments, a subsidiary of the bank, and Citigroup Global Markets, an affiliated company. The amount they're paying — $139.9 million US plus $39.6 million US in interest — will be returned to investors in two hedge funds managed by the firms.

The SEC said the firms sold securities in two hedge funds from 2002 to 2007, raising nearly $3 billion US from mostly wealthy investors or institutions. The agency says the fund managers falsely told prospective investors they were low-risk and similar to bonds.

The hedge funds collapsed in 2008 during the financial crisis.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Tuesday, August 18, 2015

metro's election explainer

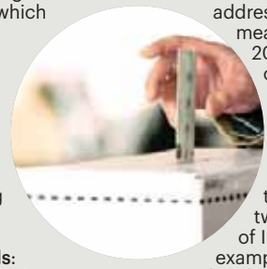
Fair Elections Act makes voting trickier for some. Here's how:

Last year, the Conservatives passed the Fair Elections Act. The most divisive aspect of the wide-ranging legislation, which came into effect in December, is its tightening of voter-ID requirements on election day.

The government's rationale was that the stricter rules would end "risky practices that are prone to errors and irregularities," but critics contend that the practical effect will be to disenfranchise marginalized populations — students, the elderly, homeless voters, indigenous peoples — who tend not to support the Tories.

The new rules

- **Vouching:** Voters with proper ID could formerly "vouch" for a fellow voter's identity. The new law ends that practice, citing 2011's Neufeld Report, which suggested there were "irregularities" in about a quarter of vouching cases. There appears to be no record, however, of fraudulent voting actually taking place.
- **Voter-info cards:** Voters were allowed on election day 2011 to present the info cards they received in the mail from Elections Canada as valid ID. The Fair Elections Act puts an end to that too. Each voter is now required to provide identification that specifies both their name and their address, which means that the 20 per cent of Canadians who don't have drivers' licenses will likely need to present two pieces of ID — for example, a health card and a phone bill.



The potential impact

The lawyer who led a so-far-unsuccessful effort to secure an injunction against the act has said that former B.C. chief electoral officer Harry Neufeld (of the Neufeld Report) estimates 250,000 would-be voters will be unable to cast ballots this year, with many more having difficulties in doing so.

The leaders' reactions

Liberal Leader Justin Trudeau has said that, if elected, he'll repeal or "repair" the "terrible piece of legislation."

NDP Leader Tom Mulcair has said the Fair Elections Act makes it harder for "whole classes" of Canadians to vote.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

Bus lanes would smooth Georgia St. transit rides

YOUR RIDE
Karen Quinn Fung

With a proposal for funding transit improvements failing to pass in this spring's plebiscite, what hope is left of making any kind of progress in the region's bus situation?

A local urban design and planning group called Slow Streets has pulled together a report with their own research, looking at the merits of one such solution for busy, congested Georgia Street in downtown Vancouver: bus-only lanes.

Their main logic: Land in the downtown core is expensive and scarce, so travel that most efficiently uses existing roads should be given highest priority.

Georgia Street's 11 bus routes carry 16 per cent of all trips on transit downtown, connecting travellers going to and from the North Shore with the rest of the region.

As a street, Georgia has a lot more going on than most. It's part of the provincial highway network, but also a busy pedestrian street and destination — up to 16,000 people walking on it per day, many of whom are transit riders themselves.

Slow Streets found the average delay experienced by buses on Georgia Street during rush hour is two minutes long, but can sometimes get up to an excruciating five minutes, and can mostly be attributed to vehicles turning right being held up for multiple lights by pedestrian crosswalk traffic.

Done right, they argue, bus-only lanes mean a bigger mobility bang for our existing transit buck. Slow Streets backs this up with observations from New York City, where bus-only lanes on seven bus service lines have reported travel time improvements of between 15 and 23 per cent, as well as boosting ridership by 10 per cent.

Those numbers may sound like modest gains for what seems like a major change.

But back to that land problem — the average car in our region carries 1.24 passengers while taking up 18 times more space than they do on a bus at regular capacity. Those gains look pretty good compared to the price tag on expanding new roadway downtown, or continuing to stand still on Georgia.

Meanwhile, growing businesses mean more demand for road space for goods and services movement, even as other businesses need their employees to be able to get to and from work reliably and on time.

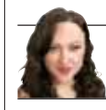
The most attractive selling point of bus-only lanes is they can show benefits relatively quickly. But although bus lanes don't require regional transportation funding, they do require teamwork and political will — bus lanes are described in the City of Vancouver's Transportation 2040 plan as a transit priority measure, which will be worked out with neighbouring municipalities and in partnership with TransLink.

For people on and off buses on Georgia alike, starting the talk that leads to action and real change is, like so many of our buses, long overdue.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

metroview

We're going off the rails on a Schumer train



Liz Beddall
Metro | Toronto

I've done my share of celeb-blasting, but never have I been met with the kind of objection that I now hear when I talk about my bafflement surrounding the Amy Schumer phenomenon.

Even my most like-minded comedy aficionados seem scandalized when I tell them I interpret the success of the Schumer brand as akin to the proliferation of Facebook memes: obvious and simplistic snippets of humour that in the best-case scenario make you say "Ain't it the truth," but offer no takeaway value.

It's worth mentioning that I might have a little too much in common with "Amy," Schumer's profane and hyper-sexualized alter-ego whose exploits are documented in YouTube videos, standup specials and Trainwreck, her recent Judd Apatow-directed rom-com. I'm a 31-year-old Tinder regular, former binge drinker, Cheetos consumer, rampant sexter and tampon user.

And in the course of finding my footing as a female in the world, I have been known to self-consciously counteract the horrifying prospect of being unappealing to the opposite sex by portraying myself as aggressively promiscuous, emotionally unavailable and chaotically unladylike.

From the outside it reads as brave, but the root of it, at least on my end, comes from a defensive, dishonest place.

It's exactly because I relate so readily to "Amy" that I'm perplexed by audiences' positive responses to her. I see a female who is taking the safe path rather than the one less travelled, relying on stereotypically masculine behaviour for a reaction rather than broadcasting a unique, intelligent, stand-on-its-own sensibility.

If Amy and her fans want me to see a self-aware deconstruction of post-modern femininity, they're going to have to explain how that squares with the end of Trainwreck.

As with many films in the Apatow repertoire, the drug humour and penis commentary of the first act clunkily give way to a moral lesson worthy of Henry James. We find out that Amy does in fact want to be in love and have a family and that her wild-child bravado is futile self-delusion.

The glitches in the Schumer machine are showing here, but as I see it, they've been showing all along.

Much like a viral video that offers little more than a temporary chuckle, Schumer's body of work is destined to be relegated to the caboose of our comedic canon.

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Your essential daily news

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Your essential daily news

Stella McCartney drops wool supplier over cruelty concerns

Clinical psychologist Jason Moser G.L. KOHUTH

PSYCHOLOGY

Scientists develop game to reduce anxiety

To help people focus in an increasingly distracting world, a research team came up with a surprisingly simple game that starts by reducing anxiety.

Such brain-training games exist in abundance, although the U.S.-based research team says no proof of their effectiveness exists.

Yet they managed to demonstrate that their own game — which involves identifying shapes — kept players focused and reduced their anxiety.

"Down the line we could roll out an online or mobile game based on this research that specifically targets distraction and helps people stay focused and feel less anxious," says lead author Jason Moser, an associate professor of clinical psychology at Michigan State University.

Springboarding off the idea that anxious individuals are easily distracted by objects that stand out from others like them, the research team's game almost ironically requires paying attention to such objects.

In the study, Moser and his team compared participating players of opposing anxiety levels as they performed a focus task.

Identifying a designated shape in a series of shapes that had one common aspect — such as colour, for example — seemed to increase their focus.

To test whether this was true, the research team tasked them with a distracting exercise in which shapes of different colours joined the sequence.

Players were not distracted by this exercise despite the fact that it was designed exactly for that purpose, according to Moser, who credits the focus task.

"There have been other studies of video game-type interventions for anxiety," says Moser, "but none have used a specific and simple game that targets distraction."

The study was published in the journal Behavior Therapy.

While the game has yet to become available on the commercial market, anxious individuals are commonly advised to meditate. Mounting evidence indicates the practice not only reduces anxiety, it sharpens the mind. AFP

Tetris blocks addiction: Study

RESEARCH

Game reduced drug, food and sex cravings in participants

Just three minutes of playing Tetris on a smartphone could abate cravings for drugs, cigarettes, alcohol, coffee, food, sex and even sleeping by as much as one fifth, according to a new study.

The same research team that did this study in a lab last year was able to replicate the results outside the lab this year. They published their findings in the international, peer-reviewed journal Addictive Behaviors.

"Playing Tetris decreased craving strength for drugs, food, and activities from 70 per cent to 56 per cent," says co-author Jackie Andrade of Plymouth University in the U.K.

"This is the first demonstration that cognitive interference can be used outside the lab to reduce cravings for substances and activities other than eating."

Working with 31 students between the ages of 18 and 27, the researchers surveyed the students' cravings, reminding them by text message seven times a day to report to the researchers any cravings and whether or not they actually gave into them.

Additionally, they encouraged the students to report any cravings they might feel between text prompts.

In all cases the students were asked to report what they were craving and just how much they wanted it on a scale between zero and 100.

Participants were asked to admit whether they had been drinking alcoholic beverages at the time of the reporting.

Among the participants, 15 of them had been asked to play Tetris using an iPod for three minutes after each text message prompt.

Cravings data from the other 16 participants was used as a baseline to find out just how much Tetris makes a difference.

Thirty per cent of the time, the students reported cravings, and two-thirds of these claims involved cravings for food and non-alcoholic beverages.

Substances classified as drugs such as coffee, cigarettes, wine and beer accounted for 21 per cent of the cravings reported.

Sixteen per cent of cravings were for sleeping, playing video games, socializing and sex.

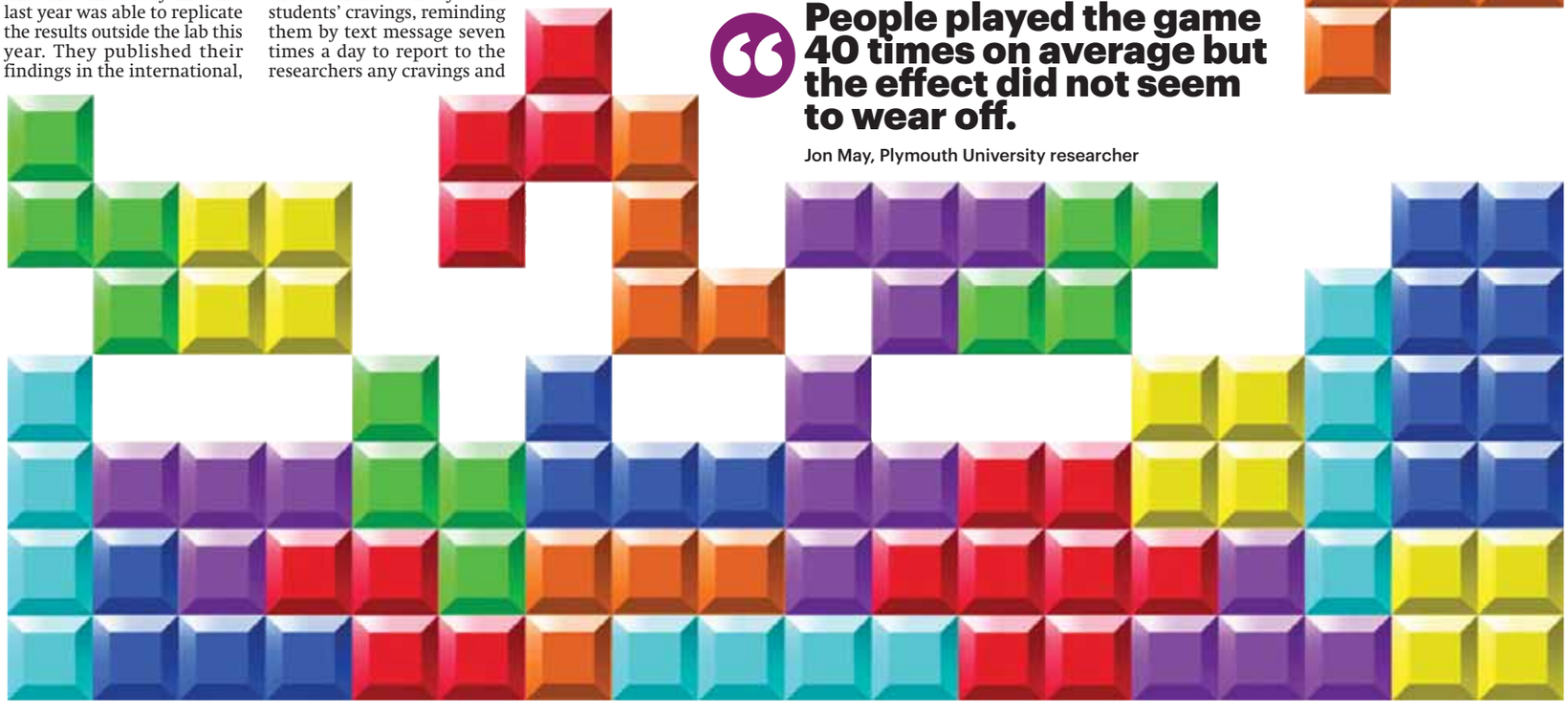
"The impact of Tetris on craving was consistent across the week and on all craving types," says co-author Jon May, also of Plymouth University.

"People played the game 40 times on average but the effect did not seem to wear off.

In fact, Tetris-playing students kept their cravings at bay throughout the seven-day experiment, according to the study.

"This finding is potentially important because an intervention that worked solely because it was novel and unusual would have diminishing benefits over time as participants became familiar with it," says May. AFP

> **"People played the game 40 times on average but the effect did not seem to wear off.**
>
> Jon May, Plymouth University researcher



WHO picks Toronto MD for global role

PREVENTATIVE MEDICINE

Doctor to guide women's cancer care in developing nations

URGENT NEED
Most developing countries don't have the health-care infrastructure in place to provide routine testing for early diagnosis of breast or cervical cancer.

Oncologist Dr. Ophira Ginsburg, a researcher at Women's College Hospital, has been appointed to a major new post at the World Health Organization in Geneva. CONTRIBUTED

A Canadian oncologist has been appointed by the World Health Organization to help create guidelines and programs to provide earlier diagnosis and treatment of cancers that are killing more women in developing countries each year.

Dr. Ophira Ginsburg, a clinician and researcher at Women's College Hospital in Toronto, takes on the new role in Geneva on Oct. 1.

Ginsburg said she's honoured to be chosen for the new post, especially since it's been her lifelong dream to work on programs that can improve the lives of women and girls around the world.

"I would like to play a part in guiding the World Health Organization, our partners and the countries that are asking for our advice to serve the needs of the hundreds of thousands of women who each year die unnecessarily of breast and cervical cancer," she said in an interview.

Much of her work will involve working with a team to help build cancer-control programs for women in low- and middle-income countries, who have an elevated risk of dying from breast or cervical cancer compared to women in developed countries.

"We are delighted to have one of our very own scientists take on this prestigious new position at the WHO," Dr. Paula Rochon, vice-president of research at Women's College, said in a statement.

"Dr. Ginsburg will be involved in an important initiative to help build policy and programming for women's cancers, an area that she has been passionately dedicated to through her research and advocacy work."

In low- and middle-income countries, breast cancer is a rapidly growing problem, said Ginsburg, primarily because women are increasingly adopting a westernized diet and sedentary lifestyle that promote obesity — a major risk factor for breast cancer.

Cases of cervical cancer — mostly caused by infection with human papillomavirus, or HPV — are also rife in these countries, where routine PAP screening to pick up precancerous lesions is often unavailable.

According to 2012 WHO statistics, breast and cervical cancer claimed the lives of almost 790,000 women worldwide, with the majority of deaths occurring in young women in low- and middle-income countries.

Research has shown that extreme poverty, compounded by gender inequity, often limits a woman's ability to seek care.

In 2013, the WHO launched the Global Action Plan for the Prevention and Control of Noncommunicable Diseases, which aims to reduce premature death from cancer, cardiovascular disease, diabetes and chronic respiratory diseases by 25 per cent by 2025. More than 90 per cent of early deaths from these diseases occur in developing countries and are largely preventable.

Ginsburg, who has led breast-cancer research projects in Bangladesh, said she also hopes to partner with international agencies working on HIV-AIDS, a disease that has ravaged parts of Africa and South Asia and compromises the prognosis of women also infected with HPV.

"If you are HIV-positive and you are infected with HPV, you're much more likely to develop invasive cervical cancer and die from it," she said.

THE CANADIAN PRESS

> **We are delighted to have one of our very own scientists take on this prestigious new position at the WHO.**
> Dr. Paula Rochon, VP of research at Women's College

WELLCOIN

New app pays you to get fit

When you're trying to start an exercise routine, any incentive is helpful. How about getting paid to get off the sofa? Wellcoin, a new app (free; iOS and Android) created in Boston, bills itself as the world's first health currency, which aims to fatten your wallet while you're slimming down.

"Wellcoin was founded on the premise that rewarding people for easy-to-adopt, positive behaviours can help create lasting lifestyle changes," says Dr. Glenn Laffel, one of the founders of Wellcoin who's worked at Brigham & Women's Hospital in Boston.

The idea is that exercise isn't the only way to be healthy, and that each new better-for-you habit is a step to wellness that will ramp up as you us the app.

"Wellcoin invokes a broad, welcoming, inclusive view of health and wellness," adds Laffel. "We recognize that everyone makes many healthy choices every day. We meet folks where they are today, and help them step forward to create new healthy habits for themselves."

How it works: Do something good. Tell Wellcoin. Profit! If you already use a fitness tracker like FitBit, that data can be used to verify your exercise claims (yes, there's built-in accountability) so you get more points than just by claiming you took the stairs instead of the elevator. The app integrates with more than 200 others that track exercise, nutrition and more to keep you earning Wellcoins.

Beyond exercise: It's not just working out that gets rewarded. There are hundreds of activities that earn Wellcoins, good habits from getting enough sleep (at least seven hours per night) to preventive checkups (even vet visits for your pets). Ditched your daily Diet Coke for a water with lemon? That counts!

Activities are worth between 1 and 180 Wellcoins, which are awarded based on several factors, including a time element that works both now (how long you spent doing the activity) and later (what is its impact on your health in the long term).

What can you get: The app has partnered with more than 65 businesses, including Reebok, Whole Foods and Pure Barre to reward its members for completing healthy activities. Wellcoins can be used through the app's marketplace for everything from gear (the Puma Pulse XT Geo Women's Training Shoes for 20,000 Wellcoins) to discounts ($10 off at Dick's Sporting Goods, 2,000 Wellcoins) and more.

Why it works: The benefits of a healthier lifestyle can take a long time to appear, or produce intangible results — does the prospect of a daily green juice have you dancing to the groove of the blender? Probably not. Wellcoin provides immediate rewards, not just through the free wellness swag but also a community of supporters all making the same small changes and cheering each other on.

EVA KIS/METRO IN NEW YORK

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Indie summer listening

Too busy to keep up with this year's indie releases? Now that the summer heat has slowed you down, we're got five albums that'll keep you cool whether beachfront, poolside or on a road trip. AFP

Wolf Alice My Love is Cool

This debut album was one of the year's most-anticipated for indie fans, many of whom had become well-acquainted with the North London alternative rock band through touring and EPs.

Released in June, the debut spotlights singer Ellie Rowsell on an album of youthful rock 'n' roll.

Sufjan Stevens Carrie & Lowell

The U.S. singer-songwriter-instrumentalist always gets the indie world chatting when he releases new music, and his latest, the March album Carrie & Lowell, did just that and also drew praise as one of his best.

The intimate album sees him return to his folk roots.

Belle and Sebastian Girls in Peacetime Want to Dance

The Scottish indie pop band released its latest album early this year — five years after its previous LP. A greater focus on pop characterizes this latest, which ventures into nu-disco for an album that seems to have the dance floor in mind.

Father John Misty I Love You, Honeybear

American folk musician Josh Tillman, previously of Fleet Foxes, released his second album under his moniker Father John Misty in February. The album's songs are at once plaintive, cynical and ironic and see Tillman delve into his own personal life and relationships.

Courtney Barnett Sometimes I Sit and Think, Sometimes I Just Sit

After building buzz via live shows and two EPs, the Australian singer-songwriter released her debut album in March to critical acclaim. With lyrics and music that is a clear nod to 1990s grunge, she recounts rather ordinary tales of daily life.

IN BRIEF

Nickelback cancels tour

Nickelback's No Fixed Address world tour has been scrubbed entirely.

Representatives for the Alberta rockers say all remaining tour dates have been cancelled due to an extended period of vocal rest ordered for lead singer Chad Kroeger.

Nickelback cancelled the second leg of the tour in June when doctors first diagnosed Kroeger with a cyst on his vocal cords.

He recently underwent surgery and the group was scheduled to resume the European leg of the tour in September. But doctors now say Kroeger needs to remain on vocal rest for the next six to eight months in order to heal completely.

Organizers say ticket refunds will be available at the point of purchase.

THE CANADIAN PRESS

Seeking musical talent

Music hitmaker David Foster said Monday he's always on the lookout for fresh talent, and Asia seems to have a lot of it.

Foster told The Associated Press in an interview that Filipinos have an edge because they grow up on karaoke and American music, and from there formulate their own sound. The record producer and composer of hit songs said Asians are figuring out how to dominate the world with their music, with K-pop in South Korea well on its way to doing so.

THE ASSOCIATED PRESS

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FM RADIO

Tune in on your smartphone

SOUND CHECK
Alan Cross

Your smartphone contains four radio devices. The first deals with cellular data; the second allows you to connect to Wi-Fi; the third handles Bluetooth; and the fourth lets you listen to FM radio.

Wait. What?

That's right. Many millions of smartphones — including virtually every iPhone and all of Samsung's Galaxy phones — come with an FM chip installed at the factory. It's just that most manufacturers have never turned the chip on. But that's starting to change.

AT&T recently announced that they're going to join Sprint in firing up the chips in Android phones on their networks as part of a deal with NextRadio, an initiative being pushed with great gusto by Emmis, the second-largest radio broadcast group in the U.S.

Before you write this off as a mere FM tuner in your phone like you may have seen in older MP3 players (Microsoft's Zune had one of these), SmartRadio is much different. And it's also different from the kinds of apps you might have downloaded for your favourite radio stations.

Your iPhone contains an FM chip that, once active, could unleash free radio. GETTY IMAGES

This app combines over-the-air FM broadcasts with an Internet connection to create a very interactive listening experience. Users can view artist details, album art, information about songs, share favourite songs on Facebook and Twitter and interact with the station itself. And it looks fantastic.

The best part? You can listen to this programming without blowing through your data caps. After all, you're not listening to an Internet stream. Only the interface consumes data — and it sips rather than gorges. Plus battery life is extended.

This, of course, is why a lot of telcos aren't keen on activating the FM chip. If people can listen to music for free, subscribers won't use as much data and, of course, no one wants to jeopardize a revenue stream.

But broadcaster groups will not let up in their lobbying. The industry desperately wants the FM chip activated so that old-school radio will be in a device that's been robbing it of listeners. They also point out that in the event of an emergency — let's say a power grid problem that interferes with mobile phone networks — the FM chip could turn out to be of incalculable value.

At the moment, NextRadio is only available on Android phones, but the iPhone contains the Murata 339S0228 chip that's just waiting to be turned on, providing local alternatives to Beats 1.

What are the chances of that happening? Yeah, I thought so.

IN BRIEF

Morgan to host SNL

Tracy Morgan is coming to Saturday Night Live as guest host on Oct. 17.

His appearance also promises to be a coming-out party for the former SNL cast member and star of 30 Rock, who has been recuperating from injuries he suffered in a June 2014 crash that also killed a fellow comedian when their limousine was hit by a Wal-Mart truck on the New Jersey Turnpike.

NBC also announced that on Oct. 3, Miley Cyrus will return as host for a third time to kick off the 41st SNL season. On Oct. 10, Amy Schumer will make her debut. THE ASSOCIATED PRESS

Broken hearts club

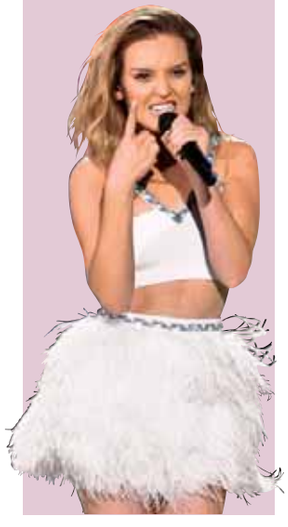
Ever since ex-One Directioner Zayn Malik ended his engagement with Little Mix's Perrie Edwards via a text message three weeks ago, she's been getting a lot of support from her friends and fans.

But she recently she received a phone call from someone she didn't expect: Harry Styles. But Styles wasn't moving in on Malik's girl — come on, now — he was calling to check on Edwards to make sure she was doing OK.

A source tells the Daily Star that Styles really understands what it's like to have a broken heart because his girlfriend dumped him when he was 14.

While an eighth-grade breakup isn't quite the same as ending an engagement, we're loving that Styles breaks the bros-first rule to check up on Edwards. What a guy!

EMILY LAURENCE



Ball control

ROMANCE

Rihanna shows offence is the best defence in dating game

#shesnotthatintoyou #shesnotthatintoyouatall #shesneverevenmetyou #defamationofcharacter

Rihanna

Emily Laurence
Metro | New York City

Off the court, Memphis Grizzlies player Matt Barnes has no game. Barnes has been using social media to try to woo Rihanna, but she is not feeling it.

After Barnes Instagrammed his crush on the pop star and said on video to TMZ that hooking up with Rihanna was a "real possibility," Rihanna Instagrammed a screenshot of the video captioning it "#bishwhere #thedevilisaliar #shesnotthatintoyou #shesnotintoyouatall #shesneverevenmetyou #thisactuallyhurtmyfeelings #defamationofcharacter."

Barnes commented on the photo saying, "Hahaaa wow."

A seven-hashtag rejection? Wow is right.

ALL PHOTOS GETTY IMAGES

SEX TAPE

Jenner-ous offer?

Kylie Jenner certainly doesn't shy away from flaunting her bod on Instagram, but would she ever consider doing porn?

Vivid Entertainment seems to think so. TMZ reports that the porn film company sent Jenner a letter promising her $10 million in exchange for a sex tape of her and boyfriend Tyga.

"Kim's sex tape helped launch her career and (this) would be nothing but positive for you," the offer letter reportedly says.

Apparently, the porn industry has been counting down the days for Jenner to turn 18 and she's gotten multiple million-dollar-plus deals.

This is the world we live in, people. EMILY LAURENCE

ASSAULT

Hirsch behind bars

Actor Emile Hirsch began serving 15 days in a Utah jail Monday after pleading guilty to misdemeanour assault for putting a female studio executive in a chokehold and body-slamming her at a nightclub during the Sundance Film Festival.

The Into the Wild star told a judge he was sorry and was learning to take responsibility for his actions, saying he has no excuse for what happened Jan. 25 at Tao Nightclub in Park City.

Hirsch, 30, was intoxicated and taking medications when he dragged the woman across a table, according to police and prosecutors. Hirsch's deal with prosecutors also calls for a $4,750 fine and 50 hours of community service. THE ASSOCIATED PRESS

BLACK LIVES MATTER

Today Show silences message

"We will not be silenced," Janelle Monae told everyone watching her on the Today Show, right before she was silenced.

The singer performed her song, Hell You Talmbout, which is a tribute to victims of racial violence and then started to give a speech on police brutality and racism, but the show cut her off before she finished what she wanted to say.

Here's what she was able to get in:

"God bless America! God bless all the lost lives to police brutality.

"We want white America to know that we stand tall today. We want black America to know we stand tall today."

EMILY LAURENCE

"We want white America to know that we stand tall today. We want black America to know we stand tall today."

Janelle Monae

OUTDOOR MOVIE NIGHTS AT SECOND BEACH IN STANLEY PARK

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Those interested in learning more about wine can do so through the continuing studies department at University of British Columbia. SHUTTERSTOCK

Uncork secrets of wine at UBC

Daniel Hendriksen
For Metro

Enjoying different types of wine is something millions of people all over the world do on a daily basis. Some simply choose to indulge in the occasional glass or two, but for many, wine can become a pleasurable hobby.

Those interested in learning more about wine, including distinguishing wine varietals, flavours, and aromas, can do so through the continuing studies department at University of British Columbia (UBC). The understanding wine courses teach participants how to deepen their understanding of the vinification process, develop sensory skills, enhance their taste buds, and introduce the basics of wine and food pairing.

UBC offers a variety of courses in the program, from understanding wine: An introduction to wine and food pairing principles, to wines of B.C., as well as courses involving wines from around the world.

The introduction course takes place this fall in a series of evening classes at UBC's Robson Square and Point Grey campuses. Students will build a strong base of skills, including sensory training, wine vocabulary, and how to shop and read label information. They will also learn how wines age and how to choose wines to pair with different types of foods. Course fees include ($332 for five 2.5 hour sessions) materials and a set of six professional wine-tasting glasses.

For those who have a general understanding of wine and would like to learn more about wines from certain regions, there are several courses to do just that. On top of the wines of B.C. course, the program offers classes about wines from Germany, Austria, Spain, Portugal, and Italy.

UBC continuing education also offers introductory courses on beer, whiskey and scotch.

To learn more and/or to register, call 604-822-1444, or visit cstudies.ubc.ca/study-topic/understanding-wine.

LANGARA COLLEGE

Program to focus on trauma in workplace

The Langara College continuing studies department will be launching a program aimed at addressing work-related trauma this fall.

Strategic resilience for first responders will benefit those who witness trauma personally, or work with people who have undergone trauma. It is ideal for people who work as paramedics, fire, police, military, health-care workers, educators, and crisis line workers.

In 2014, between May and December, 15 first responders committed suicide in Canada.

"Trauma has impact. It is time for society to grasp the multiple ways the cumulative exposure to trauma affects our lives," Dr. Ruth Lamb, program co-ordinator, said in a media release. "For first responders and front-line staff there is no avoiding the emotional and somatic impact of seeing others suffer."

Students will learn to manage the nervous system, practise brain and body-energy oriented strategies, and maintain wise and inspired empathetic engagement with self and others.

The theory is based on more than 15 years of clinical experience in trauma-focused areas, evidence-based research and literature.

The 10-month program will begin in September at Langara's main campus in Vancouver. For more, contact Lamb at rlamb@langara.bc.ca.

DANIEL HENDRIKSEN

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Douglas College is offering free workshops pertaining to urban gardens. SHUTTERSTOCK

Unearth your garden

Daniel Hendriksen
For Metro

Gardeners and bug enthusiasts alike may be interested in a series of workshops being offered by Douglas College. The school is hosting events that explore what types of critters and creatures live in and around urban gardens, and the beneficial effects they can have.

The workshops will be held on the front lawn of the Douglas College Coquitlam campus at 1250 Pinetree Way. Participants will learn about and explore the different types of beings found in gardens, plus the important role of pollinators like bees and butterflies, and how to create better water habitat in gardens for wildlife.

The workshops have been put together by the Douglas College Institute of Urban Ecology. Sabrina Cornish Shartau, a workshop organizer, said the workshops are free and open to the public.

In addition to each workshop topic, participants will learn about the Institute of Urban Ecology's new Sustainability and Outreach (Sol) Garden, which is intended to support ecological research and community learning. The garden will be the site of all future workshops.

The next scheduled workshops and their respective topics are as follows: Sept. 10 from 6-7:30 p.m. — pollinator survey; Sept. 26, from 11 a.m. to 12:30 p.m. — water and wildlife in your garden; and planning and planting a mixed-use garden (date and time to be announced).

For more about the workshops and to RSVP, email iue@douglascollege.ca. The organizers ask that interested parties indicate which workshops they would like to attend.

Course is a first in Canada

A unique Simon Fraser University program teaches students how to navigate the non-profit sector. SHUTTERSTOCK

Working for a non-profit organization can be very rewarding. In fact, for many, it is a dream career. It is those people that Simon Fraser University (SFU) had in mind when the school designed its non-profit certificate program (NPCP).

Part of SFU's continuing education department, the NPCP part-time program is the first of its kind in Canada and teaches students how to navigate a sector that is demanding more professionalization, greater transparency, increased financial accountability, and a growing focus on measuring results.

The program is perfect for professionals already in management positions who would like to strengthen their organizations and their careers, those in front-line or outreach positions, professionals from a different sector who would like to move into a non-profit management role, or anyone with a passion project that they would like to get off the ground.

Students learn from established industry professionals in six specialized courses: New approaches to non-profit management for the Canadian context; planning, monitoring and evaluation; project management for the non-profit sector; human resources for the non-profit sector; financial management for the non-financial manager; and strategy and leadership.

The NPCP offers flexible scheduling designed to meet the requirements of working professionals. Students learn online at their own pace, following posted assignment and discussion timelines. Much of the curriculum involves hands-on learning using real-world scenarios.

Applications are being accepted for the September NPCP intake. Fees are $780 per course or $4,680 for the full program. To learn more about this program, contact SFU at learn@sfu.ca or 778-782-8000.

DANIEL HENDRIKSEN

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SHUTTERSTOCK

School board registration open

Whether you are looking to graduate from secondary school, upgrade your marks for post-secondary and/or employment requirements, or perhaps improve your English-language skills, the adult education program offered by the Vancouver School Board can help put you on the pathway to personal success.

"Adult ed is a unique opportunity to set a new goal or meet a previous one," Adrian Keough, district principal for the Vancouver School Board, says. "It can be a stepping stone to academic or employment requirements or it may be your chance to finally finish high school. It's an opportunity waiting for you..."

The new term starts on Sept. 8, 2015, which means that interested students should be looking into registering as quickly as possible. VSB offers nine-week, 18-week, and self-paced courses.

"You can start almost any time throughout the year and courses can be available on days, evenings, and on Saturdays. Most students only need one or two courses," Keough says.

For more information, to schedule an appointment to discuss your adult-education options, or to see what facilities are available and hours of operation, please visit vsb.bc.ca.

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What if there was a way to travel, experience a culture from the inside, and have somebody else pick up the tab? Even better, what if you could get paid to travel? Teaching abroad offers just this, and is a fantastic way to travel the world with lots of unique benefits.

• It allows us to become immersed in a new culture, study the local language, try new food, make life-long friends and learn to understand other nationalities and their beliefs.

• The breaks between semesters, or holidays, give opportunities to take off and explore.

• It forces us to look at our own beliefs and learn to see the world through our own eyes.

Whether you plan to pursue a career in education, have a passion for helping others or are ready for an adventure in another country, teaching English abroad can be the perfect fit for your professional and personal goals.

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Various LOCATIONS in Vancouver

Please check the website for advising and assessment appointments. http://adulted.vsb.bc.ca

SHUTTERSTOCK

Helping immigrants succeed

Mere months after moving to Canada from Romania last year, Micsandra Zara was on her way to launching a career thanks to Training Innovations, which has been providing community-based employment services for 23 years.

"My career strategist would tell me I have a bright, immediate future and that helped me be confident," says the Telus IT security consultant, who was hired after two months in Training Innovations' Skills Connect for Immigrants program. "But it was still hard to believe."

The program in which Zara participated helps skilled immigrants move into jobs that match their qualifications and connects employers with candidates by helping streamline their hiring process. Through weekly meetings with the career strategist, Zara, who already held a bachelor and master's, was able to narrow down her aspirations and understand them within the Canadian job-hunting context.

"Training Innovations' job isn't to tell you if your resumé is good," she says. "But they tell you what steps you can take and connect you with people in your field."

CONTRIBUTED

Space available in health-care assistant program

The Native Education College's health-care assistant program returns in September and there remains space left for Aboriginal people wanting to begin their career journey in health care.

"HCA prepares Aboriginal students to work as front-line, health-care providers, and thus increasing the number of well-qualified, indigenous health-care workers improving the health and well-being of communities across the province," says Shobha Rajagopalan, HCA program manager.

The eight-month program follows the provincial HCA program curriculum with similar learning outcomes offered at public colleges in B.C. Where the program is unique is within its traditional Aboriginal model, which focuses on holistic and wellness practices, emphasizing culturally appropriate ways to assist elders, people with special needs, and the indigenous community.

Upon successful completion of theory and hands-on training at NEC's well-equipped laboratory, students enter into 10-week practicum placements in a variety of clinical and community care settings.

"Graduates of the program tell us that our program prepares them exceedingly well, enabling them to be confident and proficient in performing the skills required in their new jobs. NEC partners closely with Vancouver Coastal Health for practicum placements."

Rajagopalan adds, "Our HCA is an excellent stepping stone into a long and successful health care career."

And with NEC's program granted a full five-year recognition status by the BC Care Aide & Community Health Registry, it will have a profound impact on the lives of Aboriginal people for years to come.

"The HCA program changed my life!
The constant support and encouragment ensured my success throughout the program and helped me grow in ways I never thought possible. And now I have a unionized job, and a career with endless possibilities."
–Marka Gonzalez, NEC Health Care Assistant Certificate Graduate 2015
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Terry Francona will accompany longtime friend John Farrell to his first treatment for lymphoma

IN BRIEF

Mariners walk in deciding run against Rangers

Fernando Rodney walked Adrian Beltre to force in the winning run in the ninth inning to help Texas beat the Seattle Mariners 4-3 on Monday night for the Rangers fifth straight win.

The Rangers have won eight consecutive home games and are three games over .500 for the first time since June 23.

Rodney (5-5) failed to retire a batter in the bottom of the ninth, giving up two bunt hits and hitting a batter before the walk.

Cole Hamels, who allowed three runs on seven hits in seven innings, came away with his second no-decision to go with one loss in his three Texas starts since being acquired from the Philadelphia Phillies on July 31.

THE ASSOCIATED PRESS

Yanks beat Twins in extras

Chase Headley hit a bases-loaded grounder in the 10th inning that Minnesota's five-man infield bobbled and the New York Yankees, after losing starting pitcher Bryan Mitchell to a line drive to the face, beat the Twins 8-7 Monday night.

Brian McCann homered, drove in five runs and sliced a double off left fielder Eddie Rosario's glove in the 10th that set up the winning misplay. The catcher also threw out three runners trying to steal. THE ASSOCIATED PRESS

Cardinals grind way to victory over Giants

Rookie Stephen Piscotty tripled and scored the go-ahead run on Mark Reynolds' groundout in the eighth inning, and the St. Louis Cardinals beat the San Francisco Giants 2-1 on Monday night.

The run came a little too late for Michael Wacha, who allowed one run in seven innings with six strikeouts but missed a chance to become the majors' first 15-game winner.

The Cardinals have won nine of 12, ended the Giants' four-game winning streak, and lead Pittsburgh by six games in the NL Central. THE ASSOCIATED PRESS

Henderson sets sights on CP Women's Open

GOLF

Canadian teen coming off historical win in Portland

Cam Tucker
Metro | Vancouver

In just under a month from now, Brooke Henderson will be of eligible age to vote in a Canadian election. She can do so now as a champion on the LPGA Tour.

Henderson didn't just win the Cambia Portland Classic this past weekend. The still-17-year-old Canadian golfing prodigy fired a four-round score of 21-under par, besting her nearest competitor by eight strokes. Yes, eight strokes.

While the weekend drama of the PGA Championship garnered headlines for Jason Day's first-ever major title, Henderson exacted plenty of attention as her round ticked down and the span of her lead over the field grew to epic proportions.

She received congratulations on Twitter from her fellow LPGA players, as well as Abbotsford PGA golfers Nick Taylor and Adam Hadwin, and legend Gary Player.

Oh, and Henderson even received a tweet of congratulations from Prime Minister Stephen Harper.

Prime Minister Stephen Harper was among those to send Brooke Henderson a congratulatory tweet. JONATHAN FERREY/GETTY IMAGES

The timing could not have been better for the CP Women's Open, which runs this week, Thursday through Sunday, at Vancouver Golf Club.

The Coquitlam course has seen historical winners in the past.

Henderson will tackle the circuit not only as the newest LPGA winner, but she's the first Canadian since Lorie Kane to win on the tour, and the youngest Canadian to win an LPGA or PGA event.

$662K

Henderson has made $661,818 in 10 LPGA Tour events.

"I'm very excited to get my first win on the LPGA Tour and hopefully many more to come," she told reporters in a conference call.

She comes to Vancouver having also claimed $195,000 for the win, which was a tournament she needed to qualify for on the Monday of last week.

According to the Associated Press, because Henderson is assured to finish in the top 40 for earnings this year, she'll earn her LPGA Tour card for next season.

But she believes there are elements of her game she needs to improve upon in order to play up to such a high standard.

"I think all parts of my game — mentally, emotionally and physically," she said.

Henderson is still undecided if she will petition the LPGA for an exemption for the remainder of this season.

For now, her sights are set on Vancouver Golf Club.

"It was late night (Sunday) and I was glad to get a little bit of a sleep in. But I'm really excited to play this week and hopefully go back-to-back victories," she said.

MLB

Blue Jays demote Hutchison

The Blue Jays have sent right-hander Drew Hutchison to triple-A Buffalo a day after he pitched Toronto to a win over the rival New York Yankees.

Hutchison pitched 6-2/3 strong innings at Rogers Centre on Sunday in Toronto's 3-1 victory that avoided a three-game Yankees sweep.

Hutchison is 12-2 in 24 starts this season, but has been inconsistent, especially on the road, and has a 5.06 earned-run average.

9.00

Hutchison's ERA on the road in 11 starts this season. At home he boasts an ERA of 2.57.

The move comes as Toronto looks to shorten its starting rotation in preparation for a run at the American League East title. The Jays entered Monday a half-game back of the Yankees for the division lead.

Toronto also recalled infielder Matt Hague from Buffalo to replace recently demoted reliever Aaron Loup.

Hague leads the International League with a .348 batting average, 83 runs batted in, a .427 on-base percentage and 161 hits.

The Jays said a roster move to fill Hutchison's spot on the roster will be made Tuesday.

THE CANADIAN PRESS

Manager John Gibbons, left, pulls Drew Hutchison from Sunday's game against the Yankees. Hutchison earned his 12th win of the season on the day. CARLOS OSORIO/TORSTAR NEWS SERVICE

IN BRIEF

Flyer centre Briere announces retirement

Danny Briere, the undersized centre who went on to become an NHL All-Star and keyed the Philadelphia Flyers' run to the 2010 Stanley Cup Finals, has retired.

Briere ended a 17-year career on Monday that saw him play for the Phoenix Coyotes, Buffalo Sabres, Flyers, Montreal Canadiens and Colorado Avalanche. Briere spent the bulk of his career with the Sabres and Flyers and earned All-Star nods playing for both.

Generously listed at five-foot-nine, Briere was MVP of the 2006 All-Star game, the same year he helped lead the Sabres to the Eastern Conference finals.

Briere shone in 2010 when he set a Flyers record with 30 points (12 goals) in 23 playoff games.

THE ASSOCIATED PRESS

Anaheim Ducks sign Santorelli to one-year deal

Veteran centre Mike Santorelli has agreed to a one-year, $875,000 deal with the Anaheim Ducks.

The Ducks announced the deal Monday.

Santorelli had 12 goals and 21 assists last season while splitting time between Toronto and Nashville, which reacquired him in a multiplayer trade in February. He also made his first NHL playoff appearances last spring with the Predators, who drafted him in 2004.

The Ducks are the sixth NHL team for the 29-year-old Santorelli, who also has played for Vancouver, Winnipeg and Florida. He should help out down the middle on the Ducks' depth lines while Nate Thompson is sidelined early in the season. THE ASSOCIATED PRESS

Importance of being Ernests

VANOPEN

Mercurial Latvian Gulbis knows he can beat the best

Cam Tucker
Metro | Vancouver

A trip to Vancouver in the midst of August hardly seems like business at all, but for Ernests Gulbis of Latvia, it will help him prepare for the final grand slam event of the year.

The former No. 10-ranked player in the world is part of what is being heralded as the most competitive field ever at the Odlum Brown VanOpen, taking place at Hollyburn Country Club in West Vancouver.

Even Gulbis was taken by the view looking south toward downtown Vancouver from the North Shore Mountains.

After this week it's off to New York for the U.S. Open.

Unable to play at the ATP World Tour Masters event this week in Cincinnati, Gulbis will instead use this time on the hard courts of Hollyburn to get in some much needed game action, which is something he hasn't gotten much of this year in part due to a nagging right shoulder injury.

"It screws up your game completely," he said Monday.

"At the end of last season, I couldn't really pull up my shoulder even to hold a bottle of water so that's how bad it was. But slowly with some procedures and some work done on it, it's better. I'm telling you, it's only the last three or four months where I could go 100 per cent again."

Ernests Gulbis, fresh off a Rogers Cup quarter-final loss to Novak Djokovic, is in town for this week's VanOpen.
MINAS PANAGIOTAKIS/GETTY IMAGES

His last match came at the Rogers Cup, as he bowed out in the quarter-final stage against world No. 1 Novak Djokovic, but not before putting up a spirited fight.

Gulbis enters this tournament in a wild card spot. That seems fitting based on his own description his play.

"I think I'm the kind of player ... most of the players, they don't like to play against me because they don't know what's coming," said the 26-year-old Gulbis, now ranked 68th.

> **I can play extremely well. I can play also not so well. I have big ups and downs but my ups are that high that I can beat top players.** Latvia's 68th-ranked Ernests Gulbis

"I can play extremely well. I can play also not so well. I have big ups and downs but my ups are that high that I can beat top players. I would not use the word 'scared' of me but they definitely don't like to play against me.

"If my game is on, then I serve big and I'm aggressive, I take initiative."

THE CANADIAN PRESS

Mississippi QB Ryan Buchanan uses a virtual reality headset to make football play decisions. Ole Miss is one of a growing number of football programs in the NCAA and NFL dabbling in virtual reality technology ROGELIO V SOLIS/THE ASSOCIATED PRESS

NCAA & NFL

Popularity of virtual reality training on rise

Mississippi quarterback Ryan Buchanan straps on a headset that covers his eyes, and instantly, he sees a scene that looks like a video game, all set from his perspective.

In about a minute, he runs through a handful of plays, checking his receivers, deciphering defensive coverages and making split-second decisions about where to throw the football.

And just like that, practice is over. "I felt like I was in the future putting this thing on — something that you would see on TV shows," Buchanan said with a wide grin.

Getting a few "mental reps" has never been easier at Ole Miss: The Rebels are one of a growing number of football programs in the NCAA and NFL dabbling in virtual reality technology to help supplement work on the field.

Buchanan is one of three Ole Miss quarterbacks fighting for the starting job this fall.

Part of their off-season regimen has been 10 tests on the simulator that include 20 plays each.

When it's time for the test, Buchanan can look around just like in real life, with a complete 360-degree field of vision. He hears the play call from a coach or another player and then checks the formation and reads the defence pre-snap.

> **I felt like I was in the future putting this thing on.** Mississippi QB Ryan Buchanan

After the ball is snapped, he watches how the defence reacts and then turns his head to the player he wants to receive the ball.

If it's the right choice, the ball flies through the air and connects with the receiver. If not, the simulator informs the QB a wrong decision has been made.

Ole Miss is using a program developed by EON Sports, which is a subsidiary of EON Reality based in California. UCLA, Kansas, the Tampa Bay Buccaneers and about 100 high schools are among EON's clients.

Brendan Reilly — the company's 28-year-old CEO — says interest has been high.

THE ASSOCIATED PRESS

SUPER CUP BILBAO TOPPLE SPANISH GIANTS Athletic Bilbao's Gorka Elustondo muscles Lionel Messi off the ball during the second leg of the Spanish Super Cup at the Camp Nou in Barcelona on Monday. Bilbao ended a 31-year trophy drought with a 1-1 draw to win 5-1 on aggregate. EMILIO MORENATTI/THE ASSOCIATED PRESS

PREMIER LEAGUE

Ref decisions go Reds' way at Anfield

Christian Benteke scored his first Premier League goal for Liverpool on Monday to give his new team a 1-0 win over promoted Bournemouth in a game that was marked by two disputed refereeing decisions.

Benteke met a cross at the far post for an easy tap-in in the 26th minute, although the goal was questionable as Philippe Coutinho had tried to reach the ball first from what was a clear offside position.

Benteke was bought from Aston Villa in the off-season to provide more of a presence up front for Liverpool. The Belgium striker also hit the bar from close range in the 90th minute.

"It's a good debut for myself and for the team," Benteke said. "It's a great feeling, it's important for the confidence."

Bournemouth fell to its second straight 1-0 loss to start the season after having an early goal ruled out, when Tommy Elphick was adjudged to have fouled Dejan Lovren before heading the ball into the net.

"For me it's a goal," said Bournemouth manager Eddie Howe. "He's competing and wrestling, but if that's a free kick we're going to be seeing a free kick given every time there's a corner."

The Liverpool goal, meanwhile, was allowed to stand despite Coutinho seemingly interfering with play from an offside position. Jordan Henderson swung in a cross from the left and Coutinho tried to get his foot on the ball but missed — freezing goalkeeper Artur Boruc and leaving Benteke free at the far post to tap into an empty net.

Under new rules implemented for this season, players can be flagged for interfering with play even if they don't touch the ball. THE ASSOCIATED PRESS

Christian Benteke has 43 goals in 90 matches after scoring the lone goal Monday. CLINT HUGHES/THE ASSOCIATED PRESS

IN BRIEF

Turkish runner loses gold

Olympic champion Asli Cakir Alptekin has agreed to give up her 1,500-metre title and serve an eight-year ban for blood doping, dealing another blow to track and field.

A settlement by the Turkish runner and the IAAF was announced by the Court of Arbitration for Sport on Monday.

THE ASSOCIATED PRESS

Air Jordan still in different stratosphere, expert says

An expert in sports economics says Michael Jordan's endorsement income has grown and still eclipses that of current NBA players, including LeBron James.

Smith College economist Andrew Zimbalist says Jordan's endorsement income was $75.5 million in 2012.

THE ASSOCIATED PRESS

McDavid gets Hall pass

NHL

Top pick of '10, '15 drafts skate together for first time

Connor McDavid is coming off a post-season campaign in which he posted 21 goals and 28 assists in 20 games with the OHL's Erie Otters. JASON FRANSON/THE CANADIAN PRESS

Connor McDavid is finally playing with his Edmonton Oilers teammates — well, two of them.

The No. 1 overall pick in the 2015 NHL draft joined Oilers teammates Taylor Hall and Darnell Nurse on Monday at a practice for a pre-season mini-tournament in midtown Toronto.

It was the first time future linemates Hall and McDavid skated together, and the young centre's skills were immediately apparent to the Edmonton left-winger.

"He's got a lot of foot speed," said Hall. "He seems to glide faster than most guys skate in full speed. It's fun to be out here with him. Fun to hang around him and hopefully make him feel more comfortable for what he's got in store."

McDavid was taken first overall by the Oilers on June 26 after dominating the Ontario Hockey League. He scored 44 goals and added 76 assists during the regular season for the Erie Otters despite missing time with a broken hand. McDavid was even better in the playoffs, averaging more than two points a game with 21 goals and 28 assists in 20 games.

Like Hall, McDavid was impressed by his new teammate's speed.

"It's very exciting to play with him," McDavid said. "Obviously, he's a great player and I got a better sense of how fast he is. You watch him on TV but it's a whole different story live."

Although Hall was the top selection at the 2010 NHL draft, he says there's no comparing his experience with that of the highly touted McDavid.

"He's been through so much already with all the hype that he's had to endure," said Hall. "I wasn't anywhere close to that. I was the first overall pick but at the same time it wasn't anything like what Connor's experiencing.

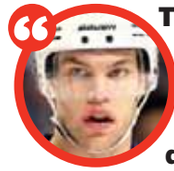
"Our job in Edmonton is not only to play well with him but make sure he's comfortable because that's going to allow him to play his best."

McDavid will have a familiar face on the Oilers in Nurse, a former junior rival.

Nurse and McDavid often tangled with each other in the OHL. Nurse, a defenceman with the Sault Ste. Marie Greyhounds, had a physical Western Conference final against McDavid's Otters, with Erie eventually winning in six games.

That old animosity has already been set aside this summer, with the defenceman and centre hitting it off at the pre-season tournament.

"We were sitting beside each other in the room in there and we were laughing and having good times," said Nurse. "It's a lot more fun than going into a corner and trying to cross-check him and run him through the boards." THE CANADIAN PRESS



"The one thing about Edmonton is we've always had some pretty good forward depth ... With Connor coming in that doesn't change." Taylor Hall

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These "pop in your mouth" appetizers are delicious and can also be served as a light lunch with a side salad. Makes 12 cups.

Ready in
Prep time: 15 minutes
Cook time: 13 minutes

Ingredients
- 12 won ton wrappers
- 1 1/2 cups diced cooked chicken breast or thigh (leftover or rotisserie)
- 1/3 cup medium or hot salsa
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro
- 1/2 cup grated Monterey Jack cheese or Old Cheddar
- 1/4 cup diced avocado
- 1/4 cup diced tomato

Directions

1. Preheat oven to 350 F. Place won ton wrappers in 12 mini-muffin cup pan. Spray with vegetable oil, bake for eight minutes or until lightly browned.

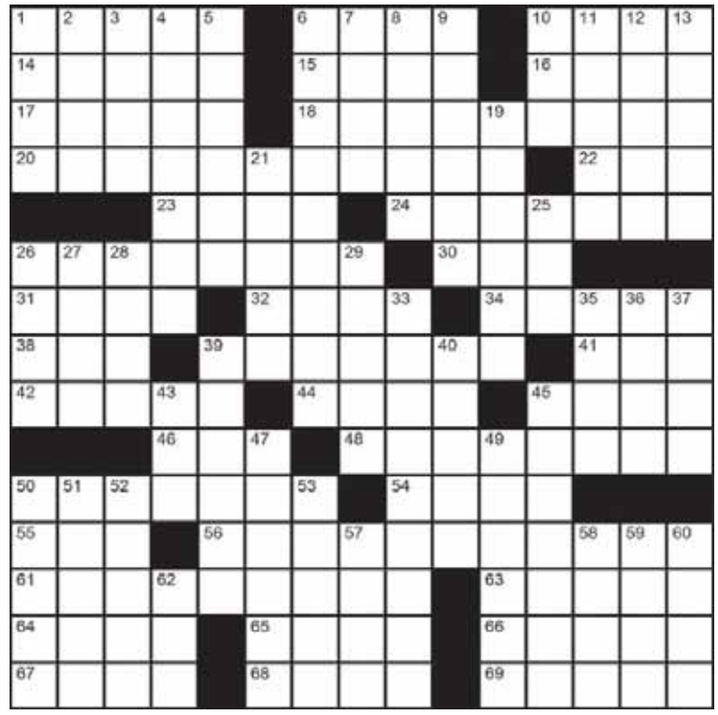
2. In a mixing bowl, add chicken, salsa, green onions and cilantro. Fill won ton cups with chicken mixture. Divide cheese over top. Bake for another five minutes. Garnish with avocado and tomato.

Nutrition per serving
- Calories 68
- Protein 6 g
- Carbohydrates 5 g
- Fibre 0 g
- Total fat 2 g
- Saturated fat 0 g
- Cholesterol 14 mg
- Sodium 166 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. 8th Greek letter
6. Newspaper piece
10. Some slitherers
14. Got word
15. __ Strauss & Co.
16. Country legend Mr. Atkins
17. Boo-boo
18. 'No jeans' policy: 2 wds.
20. Quebec's provincial tree: 2 wds.
22. Mr. Tolkien
23. Faux-teller
24. University fee
26. Became less tolerable: 2 wds.
30. Patch up
31. Do as Simon says
32. John Keats creations
34. Egyptian water lily
38. __ Tin Tin
39. Super enthusiastic
41. Andy Capp's wife
42. Montreal subway
44. Cirneco dell'__ (Dog breed)
45. Bash
46. Advantages
48. Unique
50. Casablanca's locale
54. Hospital readout
55. Mr. Vigoda
56. Frightful forest in the Anne of Green Gables story: 2 wds.
61. Billowy bed blanket
63. Avant-__
64. TV producer Norman
65. Soprano's solo song
66. Saskatchewan village between Regina and Saskatoon
67. Spot
68. Church's sounder
69. Overbrims

DOWN
1. 1970 Carpenters hit: "(__ Long to Be) Close to You"
2. Roll call response
3. "My Name Is __"
4. Streetcar
5. Skillful
6. Celebrating 60 Years... Nickname of the Angus L. Macdonald that spans Halifax Harbour: 2 wds.
7. Actress Ms. Gilpin
8. Tennis ace, Chris __
9. __ Throw (Decathlon event)
10. T.O. Raptors home venue
11. Screen in Japanese decor
12. Peter, in Spain
13. Shock jock Howard
19. Canadian __ (Region of rocks)
21. Kind of mackerel, shrub or joyful shout
25. Deuce
26. Earth crawler
27. Off-Broadway theatrical award
28. Monthly apartment money
29. Mr. Gingrich's
33. Left-handed
35. Non-stick pan brand
36. Uma's role in "The Producers" (2005)
37. Glide
39. Boss
40. *NSYNC-er Mr. Bass
43. Duran Duran hit
45. Boat's upper edging
47. Sacred beetle
49. Techie device
50. Twin-crystal
51. Some instruments
52. Do cartography work again
53. Eccentric
57. Actor, __ Patrick Harris
58. "Be Quick __ __ Dead" by Iron Maiden
59. Lamar who married Khloe Kardashian in 2009
60. Mountain __ (Some soft drinks)
62. Cook with a pan

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try not to be so open about your plans. Do you really need to tell everyone what you intend to do? Keep your aims and ambitions to yourself.

Taurus April 21 - May 21
Jupiter in the most creative area of your chart makes it easy for you to think big but some of your ideas may be a bit out of touch with reality. Limit yourself to just thinking. Doing could be costly!

Gemini May 22 - June 21
No matter how many great ideas you have, what's the point unless you actually do something with them? Do something special, something that gets you noticed.

Cancer June 22 - July 23
Something remarkable will happen and you must be ready. It is tailor-made to meet your needs, so prepare yourself to move fast when the time comes to act.

Leo July 24 - Aug. 23
Take extra care today, especially when socializing, travelling and taking part in artistic activities. Be confident and enthusiastic but don't believe that nothing can go wrong because that's when it will!

Virgo Aug. 24 - Sept. 23
Some people may not approve of what you do, but why care? Your confidence is high and you won't hesitate to ruffle a few feathers if that's what it takes to get noticed.

Libra Sept. 24 - Oct. 23
If something positive happens today, it could have a negative side to it as well. And if something bad happens it could also be positive in some way. Take it all in your stride.

Scorpio Oct. 24 - Nov. 22
Think deeply about things you have taken for granted up until now. It will force you to realize that you don't live in a vacuum — what you do in your life touches others as well.

Sagittarius Nov. 23 - Dec. 21
If you want to bring something new into your life you will have to get rid of something old. That is the message of the stars today and if you follow it there is no limit to what you can accomplish.

Capricorn Dec. 22 - Jan. 20
If you cut corners today you will have to pay for it in some way. You may think you can get away with anything but don't be so sure. Play safe and play by the rules.

Aquarius Jan. 21 - Feb. 19
Everything you say and do affects the world around you and if you bear that thought in mind today you will influence events far beyond your immediate environment. Whether that is for "good" or for "bad" remains to be seen.

Pisces Feb. 20 - March 20
You cannot go back and change the past. The only thing that matters now is what happens next and that is entirely within your control. Be positive.

CONCEPTIS SUDOKU by Dave Green

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Model shown: Accord Touring CR3F9FKN

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